Volleyball—> setting/volleying

What is going to go wrong?

What am I looking for?

1) Cognitive: Setting to yourself (throw it up then catch it in the proper position, pt. 2 continuously volley to yourself)

Key Skills:

-soft touch, to absorb and then push back (follow ROM of ball to absorb force)

-hand form a triangle

-absorb ball with arms and legs

-athletic stance (feet shoulder width apart, using squatting motion)

-above forehead

-get under the ball

-elbows in

Associative: Monkey in the Middle (setting over a person)

Key Skills:

-more height in ball

-get arch right

-getting a spin on the ball

-aiming to a specific point

Autonomous: Butterfly Drill

Key Skills

-turning hips

-control

-face where you want to send the ball

-distance from target

Overall Goal:

-accuracy

-body position

-where you are in relation to the ball